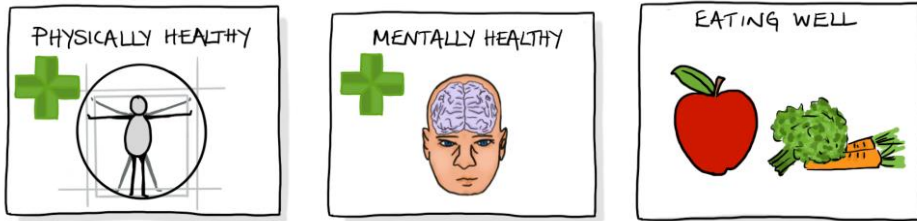


Physically & Mentally Healthy



We promote the physical and mental health of our pupils in our daily curriculum. We are fortunate to have an outdoor space which provides a variety of learning experiences for both lower and upper primary. Our MUGA (Multi Use Games Area) and field encourages pupils to develop skills in various sports including basketball, tennis and football. It is accessible both before and after school too so that pupils prioritise physical health, increase heart rates and feel mentally alert.

To support mental health, staff along with children, can take a break during the day to participate in The Daily Mile. The Daily Mile is a social physical activity, with children running or jogging – at their own pace – in the fresh air with friends. Children can occasionally walk to catch their breath, if necessary, but should aim to run or jog for the full 15 minutes around the marked route in the playground. Pupils use their character strength of perseverance and determination to set physical goals and reach personal targets.

At Arkleston we always encourage healthy eating. We learn about the food plate in detail to encourage children to eat a balanced diet. Water fountains are available to encourage regular hydration. During Sparky Arky Days, children have the opportunity to cook. We use healthy, fresh produce from our local supermarkets and are fortunate to learn skills from a local chef.

Active in my School



Being an active citizen means we support our children to learn in a variety of different ways so that they can express themselves and their individuality. At Arkleston we have many opportunities to be active citizens.

Beastie street has been designed in a way which will promote creativity and develop the imagination of our young students, whilst our outdoor den building areas encourage our upper stages to form positive social skills, teamwork strategies, problem solving and leadership.

External agencies from various communities come along to our school to support and develop the musical, creative talents of our students. Our P6 students have the chance to express themselves in this way by participating in a yearly school show. Visits from RNSO, stage make-up artists from the University of West of Scotland, Y Dance and drama workshops encourage our children to see the value of expressive arts as a method of communication.

At Arkleston children have the opportunity to actively voice their opinions and help shape the visions and aims for our school by participating in committees and talk sessions at assemblies. They discuss current affairs and changes that would help make the school a safe, active, included and respected environment to work in.

Active in my Community



We promote whole school sporting events, e.g., Mini Winter Olympics and Summer Sports Day. At Arkleston we link with our neighbouring schools and have the support from our Active School Coordinator to create a team sporting ethos. As part of being active citizens within our community, we also work to ensure there are opportunities for sporting role models to share their talents, experiences and values with our Arkleston pupils. We have had a range of female and male Scottish athletes including Taekwondo specialists who have taught our pupils new and exciting skills. We have even had visits from athletes who are Olympians and medal winners.

To be active citizens in the community we ensure children are given opportunities to be involved in a range of activities which promote creativity and bring about change. We always enjoy sharing our knowledge and skills with others and do so through various platforms such as Twitter. Over the years we we have set up information stalls about our right journey, informed others about our curriculum developments, and promoted our anti bullying protocols with the support and talents of our Playground Champions programme. More recently our pupils worked with Renfrew YMCA, sharing their artistic ideas about the town of Renfrew. We look forward to continuing to seek out opportunities for community involvement and to share our Arkleston ideas with others.

Arkleston Primary



Healthy & Active Citizens

